



ALPINE THREADS

Community and Family Life in the California Alps

Fall 2015

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*
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Happy Fall, Alpine County!

That means that the holidays are right around the corner and will be here before you know it! It'll be time for snow, cookies, surprises, family get-togethers and special times with your friends. Alpine County's Child Abuse Prevention Council and the Health & Human Services Department are once again preparing Holiday food bags for the families, your friends and neighbors, who are in need of a little extra help at this time of the year.



The support that this community has been providing ensures that all our families have a Holiday meal at their tables. We would also like to be able to provide family friendly books and games, once the food needs have been met.

Last year, thanks to your generous donations, we were able to provide a full Christmas meal with books and games for 103 Alpine County families with a total of 227 individual members.

This year, the grant funds available will allow us to provide for approximately 1/3 of the families in need. We are asking YOU, the Alpine County community, to help us make up that difference with your donations of cash or new, unwrapped books or family games.

Please respond by December 11, 2015.

Donations are accepted at:

Alpine County HHS Building

75 A Diamond Valley Road, Woodfords
Call 530.694.2235 with questions or for additional information.



***YOUR donations will go far to make the
Holidays so much happier for ALL the families
in our community!***

POSITIVE PSYCHOLOGY:



By Charlie Stookey

Want to be happy or happier? Dumb question, but I'm known as Captain Obvious. I invite you to use these two sites for yourself, you family, clients and agency. By acting on their suggestions, you can increase your happiness and sense of well-being:
VIAcharacter.org and www.authentic happiness.sas.upenn.edu.

The VIA Classification of Character Strengths ranks your 24 character strengths that fall under six broad virtue categories: wisdom, courage, humanity, justice, temperance and transcendence. They are morally and universally valued, encompass our capacities for helping ourselves and others and produce positive effects when we express them. Knowing your constellation of character strengths is the first step towards living a happier, more authentic life. Discover your personalized Character Strengths Profile by taking the VIA Survey.

1. WISDOM AND KNOWLEDGE – Cognitive strengths that entail the acquisition and use of knowledge
Creativity • Curiosity • Judgment • Love of Learning • Perspective

2. COURAGE – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal

Bravery • Perseverance • Honesty

3. HUMANITY - Interpersonal strengths that involve tending and befriending others
Love • Kindness • Social Intelligence

4. JUSTICE - Civic strengths that underlie healthy community life
Teamwork • Fairness • Leadership

5. TEMPERANCE – Strengths that protect against excess
Forgiveness • Humility • Prudence • Self-Regulation

6. TRANSCENDENCE - Strengths that forge connections to the larger universe and provide meaning
Appreciation of Beauty and Excellence • Gratitude • Hope • Humor • Spirituality

Suppose your core strength is curiosity. Here's a description of that virtue:

I. **Curiosity** [interest, novelty-seeking, openness to experience]: Curiosity is taking an interest in all of ongoing experience. It involves actively recognizing and pursuing challenging opportunities and seeking out new knowledge. Curiosity can be broken down into three categories: interest, novelty seeking, and openness to new experience. It is this strength that drives individuals to make discoveries and to explore the boundaries of human knowledge.

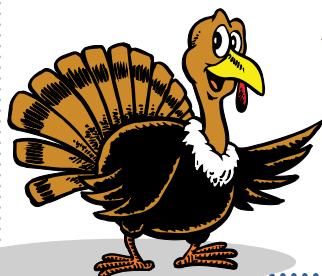
Too much: prying, snooping

Too little: boredom, disinterest, apathy

One of 12 suggestions:

Look for jobs in which you are charged with acquiring new information daily, such as journalism, research, teaching, etc. Employment of this sort can help you feel refreshed and engaged over time.

Here's to your happiness!



Alpine County Public Health is now on Facebook and Twitter.

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



2015 Markleeville Creek Day - Highest Turnout Ever!

By Nicole Lutkemuller

The Alpine Watershed Group held its 16th Annual Markleeville Creek Day on Saturday, September 12th.

A total of 78 volunteers from Northern California and Nevada divided into 8 project groups to help with river cleanups and restoration projects throughout the Upper Carson River Watershed. The work done by our amazing volunteers resulted in:

- 600 feet of stream bank stabilized on Shay Creek and the West Fork of the Carson River;
- 1,000+ willow stakes planted on the West and East Forks of the Carson River;
- 210 native species planted at OHV restoration sites on the East Fork;
- 800 pounds of white sweet clover removed from banks along the East Fork;
- Over 500 pounds of invasive weeds removed from Grover Hot Springs Meadow;
- Native Plant Demonstration Garden installed at Grover Hot Springs State Park;
- 165 pounds of litter removed from our creeks and streams!

We would like to thank our local partners that helped lead Creek Day projects. Our deepest thanks go to Alpine-Upper Carson Weed Management Area, Alpine Garden Club, California Conservation Corps, California State Parks, Friends of Hope Valley, and the Washoe Tribe of Nevada and California.



This event was made possible by significant grants from the Carson Water Subconservancy District and Patagonia. Other supporters include the Alpine County Chamber of Commerce, Costco, Douglas Disposal Inc., DIY Home Center, and Safeway.

Alpine Watershed Group greatly appreciates all of the community support which helped make Markleeville Creek Day 2015 the biggest turnout ever. Please go to Alpine Watershed Group's Facebook page or website (AlpineWatershedGroup.org) for more information and to see photos from the event.



Live Violence Free, the Washoe Tribe Domestic Violence Program, Alpine County Health & Human services, the Child Abuse Prevention Council and Alpine County Behavioral Health are proud to present two events in October for Domestic Violence Awareness Month.

Friday, October 23, 2015 – Turtle Rock Park from 9:00 am - 1:00 pm

A FREE Cultural Awareness Training presented by Elena Giacci, (Dine Nation). Please join us for a free training to increase the understanding of oppression, racism, historical and current trauma in our Native Communities.

**Must RSVP by Monday, October 18, 2015 to Live Violence Free at (530) 694-1853.*

Saturday, October 24, 2015 – Hung-A-Lel-Ti from 10:00 am - 2:30 pm.

Strengthening Families Event with key note speaker Elena Giacci (Dine Nation).

Everyone is welcome to join us in celebrating families and the ties that bind us together. We are coming together to build resilience with strong hearts and courageous spirits.

For more information, please call Live Violence Free at (530) 694-1853.



Key Facts about Seasonal Flu Vaccine

The single best way to protect against the flu is to get vaccinated each year.

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza.

- Children younger than 5, but especially children younger than 2 years old.
- Adults 65 years of age and older.
- Pregnant women.
- American Indians and Alaskan Natives seem to be at higher risk of flu complications.
- People with various conditions that make them vulnerable to illness – consult your health care provider.
- Since infants <6 months of age cannot be vaccinated, and are at high risk of complications and death if they get sick, all persons around them should be vaccinated.

When should I get vaccinated?

Since it takes about two weeks for antibodies to develop in the body after vaccination, it is best that people get vaccinated before influenza begins spreading in their community. Flu vaccination should begin soon after vaccine becomes available, ideally by October. However, vaccination should continue to be offered throughout the flu season.

What are the benefits of flu vaccination?

- Flu vaccination can keep you from getting sick from flu. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness.
- Flu vaccination also may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations and deaths.

Where can I get the vaccination?

Flu vaccinations are available at the Alpine County Public Health Clinic. Call (530) 694-2146.



Welcome our
new Nurse
Practitioner,
**Patience
Wenck!**



She is now seeing patients at
the Alpine County Public Health
Clinic. Make your Monday and
Wednesday appointments by
calling (530) 694-2146.

OPEN HOUSE AT The Alpine County ARCHIVES

Saturday, October 24, 2015



FROM 10am to 2pm

270 Duranite Street, Markleeville CA



Winter is Coming!



Winter will be here before we know it! And, while we here in Alpine County are greatly hoping for a good snow year, it's important to give winter storms the respect they deserve.

The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Here are some tips to keep you and your loved ones safe during the winter months:

BEFORE A STORM OR EXTREME COLD:

- Add supplies such as rock salt, sand, snow shovels and other snow removal equipment, extra heating fuel, and warm clothes and blankets to your emergency kit.
- Make a family communications plan on how to communicate if you are separated from loved ones during a severe storm.
- Monitor area weather advisories via websites (NOAA, Wunderground, etc)
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

DURING WINTER STORMS AND EXTREME COLD

- Stay indoors during the storm.
- Walk carefully on snowy, icy, walkways.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

Winter can be a magical time in Alpine County. Knowledge of the risks and preparedness are the best ways to ensure winter weather is enjoyable rather than disastrous. Stay safe and enjoy the snow when it comes!

For more information on winter weather preparedness visit:
<http://www.ready.gov/winter-weather>

Photo courtesy of Todd Branscombe

GIRLS Group

G.I.R.L.S Group

A group where girls can share feelings, struggles, and similarities & be sounding boards for each other. The lesson plans and activities are preventive and proactive to empower, promote self-esteem, social skills, mentoring skills, problem solving, and positive coping skills.

♥ To R.S.V.P or if you have any additional questions :
♥ **Betty:** (530) 694-9459 / Betty@tahoeyouth.org
♥ **Zandi:** (530) 541-2445 ext. 111 / Zandi@tahoeyouth.org

Hope to see you there :)

**T A H O E
YOUTH & FAMILY
SERVICES**
A DIVISION OF SERVICES FOR YOUTH AND FAMILIES

There is no safe tobacco product. Period.

On September 22, 2009, the Food and Drug Administration (FDA) banned cigarettes with characterizing fruit, candy, and clove flavors – cigarettes that have special appeal for children.

The tobacco industry quickly found a way around this by marketing **other flavored tobacco products**, many of which are very similar to cigarettes, but can be marketed in ways that cigarettes cannot. They can be sold as singles or in small, cheap packs of 2 or 3, costing less than a candy bar.

A cigar is defined as a roll of tobacco wrapped in leaf tobacco or in a substance that contains tobacco while cigarettes are a roll of tobacco wrapped in paper or in a substance that does not contain tobacco. **Cigars contain the same toxic and carcinogenic compounds found in cigarettes and are not a safe alternative to cigarettes.**^{1,2}



LITTLE CIGARS

Are typically about the same size as a cigarette and usually include a filter.

CIGARILLOS

Are short and narrow and typically contain about 3 grams of tobacco - that is 3 times the amount as a cigarette (usually no filter)

Whether marketed to youth or adults, flavors encourage smoking by making tobacco taste less like tobacco. **No matter how it tastes, tobacco products are highly addictive and deadly.**

National, state, and local program activities have been shown to reduce and prevent youth tobacco use when implemented together. They include the following:^{3,4,5}

- Higher costs for tobacco products (for example, through increased taxes)
- Prohibiting smoking in indoor areas of worksites and public places
- Raising the minimum age of sale for tobacco products to 21 years, which has recently emerged as a potential strategy for reducing youth tobacco use
- TV and radio commercials, posters, and other media messages targeted toward youth to counter tobacco product advertisements
- Community programs, school and college policies and interventions that encourage tobacco-free environments and lifestyles
- Community programs that reduce tobacco advertising, promotions, and availability of tobacco products.

1. <http://cancercontrol.cancer.gov/brp/tcrb/monographs/9/index.html>
2. <https://www.tobaccofreekids.org/research/factsheets/pdf/0333.pdf>
3. http://www.cdc.gov/tobacco/data_statistics/sgr/2012/
4. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6434a2.htm>
5. http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf

**For more information,
contact the Alpine County Tobacco
Control Program at (530) 694-2146.**



RED RIBBON WEEK is the oldest and largest drug prevention campaign in the country. It is a way for students to come together and take a noticeable stand against substance abuse. Students show their personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon during the week of October 26th-30th. Diamond Valley School will recognize this week with these activities: spirit week, classroom guidance lessons, and morning announcements.





It is virtually impossible to germ-proof children. Germs are abundant and everywhere, especially in places where there are groups of children, such as childcare, preschools, or schools. But a strong immune system can provide a child with powerful natural defenses against the germs that are continually present in their environment.

The following are some ways to boost the immune system:

- Reduce the amount of sugar children consume. Sugar has been shown to reduce white blood cell count, an indicator of immune strength. The function of white blood cells is to fight and destroy germs that can cause disease. Serve whole grains, complex carbohydrates and whole fruits.
- Keep your children hydrated. Offer them plenty of water throughout the day. Drinking enough water can help balance every organ and system in the body- including the immune system-so they are able to perform better.
- Have your children get plenty of sleep at night. Adequate sleep is tied to a healthy immune system. Recommended lengths vary by age, but 10 hours each night is a good average.
- Make sure your children have plenty of opportunities for physical activity. Physical activity can boost the body's immune response. The American Heart Association recommends children get 60 minutes of moderate to vigorous physical activity, each and every day. Dress them warm and get outside and play.
- Offer your child a varied and balanced diet of vegetables, fruit, whole grains, dairy products and protein sources. No one nutrient will improve a person's immune response, but a healthy, varied diet will ensure that the immune system will have all the nutrients it needs to ward off disease.
- Protect your children from second hand smoke. Infants and young children who are exposed to second hand smoke are at a higher risk for infections. This may be a result of damage to their developing immune system from second hand smoke.
- Make sure children wash their hands frequently. Dirty hands are a great way to allow germs to enter the body through the mouth, nose and eyes. The best way to combat disease is to prevent it from ever entering the body.



Monday, October 19th "Cooks Night Out" 6-7:30 p.m.

Thursday, October 29th Alpine Children's Center/Alpine Kids Board Meeting 5 p.m.

Sunday, November 8th Lunch at Rum Jungle Buffet – Casino Fandango from 11:30-12:30.

'Mary Poppins' a live performance at Carson City Community Center 2 p.m. Only 50 tickets.

Saturday, November 28th Our annual **Movie Morning** at Ironwood starting at 8:30 a.m.

Sunday, December 13th El Dorado -"Ebenezer" A Musical Christmas Carol and Buffet dinner.

Buses Hung-a-lai-ti & Health & Human Services will board at 12:45 p.m. leaves at 1:00 and leaves El Dorado at 6:30 p.m. Show time at 3 p.m. Those driving will have to be there by 2:30.

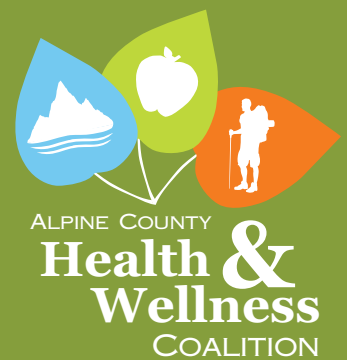
Thursday, December 31st Annual New Year's Eve Family Dinner starting at 6 p.m.
Need Volunteers.

Friday, January 1, 2016 Turtle Rock Park Clean-up. More Volunteers needed.

Sunday, January 10th Bowling & Mexican Buffet at Silver Strike Lanes 5-7 p.m.



Contact Edie Veatch
alpinekids@live.com
(530) 694-2934



Our mission:

**Building strong
community
partnerships
promoting healthy
living through
outreach, advocacy
and education.**

Alpine Threads Editorial Board

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www.first5alpine.com

**Alpine County Health
and Human Services**
75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

**The Learning Center
and Local Child Care
Planning Council**
100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com

ATTENTION LOCAL ORGANIZATIONS & AGENCIES!

If you'd like to share your website link send it to Gina at gina@originalmatteoni.com and we'll add it to our new column.

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Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Slow Cooker Sweet Potato Chili

This hearty sweet potato chili is made in the slow cooker - perfect for cooler fall days.

Ingredients

- 28 ounce (796 ml) can diced tomatoes
- 23 ounce (680 ml) can tomato sauce
- 1 tsp chili powder
- 1 tsp cayenne pepper
- 1 tablespoon ground cumin
- 2 teaspoons paprika
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 2 large sweet potatoes, peeled and chopped into 1" pieces
- 1 medium onion, coarsely chopped
- 2 cloves garlic, minced
- 2 15 oz cans kidney beans, drained; or 3 cups cooked kidney beans (start with 1.5 c dry beans, soak overnight)
- 1 cup corn, frozen and thawed
- 1 lb ground beef sirloin (optional)
- 1 cup chicken broth

Preparation

1. If using cooked beans, soak 1.5 cups kidney beans overnight, rinse and pre-cook while preparing the rest of the chili.
2. Roast the corn until most pieces have a dark/charred corner, either in your slow cooker, if it has that function, or on the stove top. A dry pan or pot works best. Set aside corn and brown the meat (in slow cooker or on stove top).
3. Combine all ingredients in the base of your slow cooker and stir to mix well. Cook on low for 8 hours.



Cook Time: 8 hours | Yield: Serves 6

For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center.



California Smokers' Helpline
1-800-NO-BUTTS

**Make a plan
to quit this
November 19th!**

THE GREAT AMERICAN
SMOKEOUT



#quitforgood

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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